



WATER DOES YOUR BODY GOOD

Drink 8 - 8 ounce glasses of water everyday for one month

Name: _____

Month: _____

Day of the month	Circle each 8 ounce glass that you drink								Total
1	1	2	3	4	5	6	7	8	
2	1	2	3	4	5	6	7	8	
3	1	2	3	4	5	6	7	8	
4	1	2	3	4	5	6	7	8	
5	1	2	3	4	5	6	7	8	
6	1	2	3	4	5	6	7	8	
7	1	2	3	4	5	6	7	8	
8	1	2	3	4	5	6	7	8	
9	1	2	3	4	5	6	7	8	
10	1	2	3	4	5	6	7	8	
11	1	2	3	4	5	6	7	8	
12	1	2	3	4	5	6	7	8	
13	1	2	3	4	5	6	7	8	
14	1	2	3	4	5	6	7	8	
15	1	2	3	4	5	6	7	8	
16	1	2	3	4	5	6	7	8	
17	1	2	3	4	5	6	7	8	
18	1	2	3	4	5	6	7	8	
19	1	2	3	4	5	6	7	8	
20	1	2	3	4	5	6	7	8	
21	1	2	3	4	5	6	7	8	
22	1	2	3	4	5	6	7	8	
23	1	2	3	4	5	6	7	8	
24	1	2	3	4	5	6	7	8	
25	1	2	3	4	5	6	7	8	
26	1	2	3	4	5	6	7	8	
27	1	2	3	4	5	6	7	8	
28	1	2	3	4	5	6	7	8	
29	1	2	3	4	5	6	7	8	
30	1	2	3	4	5	6	7	8	
31	1	2	3	4	5	6	7	8	